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VADE MECUM, VOLVENTIBUS ANNIS

Degree 8 - 9

**THE MAYANS**  
SAN ANTONIO,  
TEXAS

Number 206

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# MAKING NEW STARTS

## MAYAN REVELATION NUMBER 206

**NEW BEGINNINGS**

**WILL POWER**

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**CALLS ARE MEANT TO  
BE HEARD**

**GROWTH**

**KEEPING UP**

**THREE FACTS ABOUT INERTIA**

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**BELOVED CENTURION:**

Your Instructor feels that this is the TIME for you to receive the lesson that we have called "Making New Starts". I know that many of you, deep in your hearts, are not completely satisfied with your lives, but you do not know just what to do about it. You are unable to bring about the desired change without some help. It seems difficult and almost impossible for you at times to attempt it alone for various reasons.

There are some who feel it is too late to make a change. Others feel it is impossible. And then many are filled with INERTIA, about which we talk to you in the lesson. You just do not have the energy to go about improving your life.

Every year, from all over the United States, members come to see me personally, to talk over the obstacles in their lives, and I have been able to help many of them to find the answer to what is needed for a complete change, for by following the instructions we discuss together, they are able to discard the old life



and make new starts. Unfortunately, I am not in a position to talk to all of our members personally, but the lessons bring you the help that I feel you need at this time in endeavoring to make improvements and bring about a more satisfying pattern for living.

We must all strive to improve ourselves in every walk of life because, as I have told you before, there is no such thing as remaining stationary. We either progress or retrograde.

One of the greatest obstacles that retards improved living is the defeatist attitude of feeling that the struggle to improve is just too much. We must know that in order to improve, it is necessary that we are always learning, we are always thinking, and always listening to what others have to say. We should always be interested in what goes on about us, for without this interest, nothing could be accomplished. This is one of the first lessons we should learn.

There is no set time for making new starts. Any time can be the starting of a "new year".

It is a deep conviction of your Instructor that your greatest strength in accomplishing your desire in life, whatever it may be, is your complete faith. It is always the aim of the teachings of your Mayan Order to strengthen your faith and to help you to know that with it all things are possible.

~~You must keep this thought in mind always - that if this is to be a happy new start, a life of usefulness in which we will live to make our lives and the lives of those around us better, we must forget the past and let this new start find us cleansed mentally, physically and spiritually.~~

Let us strengthen our faith at this time as we continue with the lesson by saying together the following prayer:

#### PRAYER

Heavenly Father, as from time to time I must make a new start, help me always to make it a start to better things than any I have made before. Amen.

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#### NEW BEGINNINGS

WE are accustomed to making the new year a time of new beginnings. We propose and commit ourselves to these fresh starts in what we call new year resolutions. They have their value too. If some do not keep them, others do. If some of them are broken, others are kept. The situations are improved that much.

But a good resolution and a new start toward something better need not wait for New Year's Day. It is quite as good and quite as possible any day of the year and any hour of that day. Too much time is lost waiting for a special date on the calendar to do what needs to be done now.

One of the wonderful things about living this life is that one can always change for the better any time. If we find we are on the wrong road we can get off of it and change to a better one. If we find we have stopped making progress in some worthwhile interest of life or toward some desirable objective, we can see our mistake and arouse ourselves and be on our way again. If we find we are doing something wrongly, we can change it and do it better. If we are being unjust toward someone, we can change our minds and be just. No matter how we are in error, we can change to the right, and we can do it now. Thus we may have some valuable distance covered before the next New Year's Day.

A scoffer once said to a minister, "Why don't you be practical? You are always talking about going to heaven. Can you give me directions for going to heaven as clear and definite as direction to a given town or a certain street?"

"Certainly", smiled the minister. "Just turn to the right and keep straight ahead."

These are good instructions not only for going to heaven, but also for the attainment of any really good destination. They are definite and plain, and anyone can follow them. They are part of that blessed privilege God has given us - making new starts in life.

One day long ago a seventh grade boy said to a classmate, "You know that neither of us is doing any good in school. What do you say we start into the eighth grade this Fall and really work at it? Let's graduate and show them what we can do."

The boy who made the suggestion never got back to school at all, but the other boy did. Thanks to the nudge he did graduate, went on to high school, and never stopped till he had graduated from college and had an advanced degree. He became the influence that sent many more boys up the same road. His experience and theirs were the results of making a new start in the purposes of one human heart.

The world can and in one way or another does improve all the time, because someone, somewhere, is always making a new start. For you and all of us the right road is always as wide open as the wrong one is.

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MAKING      YOU have probably observed the dial of an electric timepiece and noticed  
PROGRESS    that the hands do not go around in a steady motion but in a continuous series of little starts and stops. That is because the electric power is not being fed into the motor arrangement in a direct current or a steady stream, but in an alternating current which delivers a little at a time but keeps at it just the same.

That is about the way life goes on for us. It is a better way because dividing life or any part of it into successive intervals gives us little breathing spells to gather strength and make plans to the next tick, the next click of the

gears, the next little advance, the next start. Whether these are or are not measured by dials or calendars, they are going on.

However steadily life and its interests continue, every morning is a new beginning, as is every hour and breath, for that matter. This adds a great deal to the workability of life. We may come to the end of a day discouraged, and we are sure to come to it tired. We may even feel that we would like to be rid of the whole business of trying to solve the puzzle and complete the task.

But what wonders a good night's rest perform for us. Next morning we may even be impatient to be up and about new ideas and plans before rising time actually comes. Then, refreshed and renewed, we take up the day's work with an enthusiasm that sharpens our efficiency. We have made a new start, and the very newness of it has been helpful.

All the intervals of our existence - weeks, months, years, and all the rest are new beginnings; but a day is a particularly workable one. We come to it fresh, encouraged, and eager. Our spirits give a salutation to the dawn, and we realize that it has brought us a new opportunity to make up for the failures of the past and do better than we ever have before. If life as a whole is too much to envision and deal with at a time, a day of it at a time is not.

In the old country schools an important ritual at the end of each day was "erasing the board". During the last few minutes of the afternoon the teacher would select perhaps two pupils to clean the blackboard of all material except anything that might be marked "Do not erase". Soon this became a coveted honor, and the teacher would have an application list reaching days ahead.

Most of us need to "erase the board" at night, to clear away all the mistakes, poor work, and material that is of no further value, leaving space cleared for the record of another day's work, a new beginning. What was of value has then been transferred to thought and memory, and what is of no value is not worth keeping. Everything will start new in the morning.

The pattern of one's entire life is very much like that. We try hard to write the story of a good day's work on the board. We may do better than or not so well as yesterday, but by the end of the day we already see how we can make it better tomorrow. How fortunate it is that a blackboard is erasable. Life is not so much so, but at least we can always make improvement.

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GROWTH IF you were to stand in a field of young corn on a warm summer night, especially after the falling of a warm, soft summer rain, you can notice an interesting fact of Nature. All around you little crackling sounds will be audible, coming from as far across the field as you can hear. If you moved across the field you would find it the same everywhere.

Believe it or not, you are actually hearing the corn grow. The warm air is stimulating the flow of sap and the multiplication and extension of the cells in the stalks and blades. If there has been a warm "growing rain" the supply of sap

has also been increased to promote this process. As the stalk expands and the growing edges of the blades push farther out, the friction of the movement, a little at a time, causes a cracking sound as the living matter pushes a little farther. If you measured a stalk or a blade at night and again next morning you would see with your own eyes how much of this crackling expansion has taken place.

This is a little like the gear ticks in the motion of a clock or the tiny advancements of the hands if it is an electric one, except that the intervals are not regular because they are not measured. Life's stoppings and starts are not measured either, because, like a cornstalk, they have no cogs or ratchets to make them so. But the fact that even Nature develops grain by the stalk or by the field by means of little series of stops and starts shows how truly this is the law of growth.

The same thing appears in our heartbeats. The average heart beats about seventy-eight times per minute. Consider how many times this faithful muscle has lifted and pushed down its living pump handle in the number of years you have lived.

It is not in motion all the time, however, but only about half the time, and occasionally less. There is a little interval between each two beats for rest. The hearts of older people will sometimes miss a beat now and then. This is for a little extra rest, not needed by younger people. You see, our very lives go on by a series of pauses and new beginnings, and how necessary they both are!

Do you realize that when you are looking at a motion picture it is not motion you see at all, and that half the time you are looking at a perfectly blank screen while a little shutter is automatically held between the picture and the lens while a set of ratchets advances a new and slightly different panel into place? Your eyes too are resting half the time, though they are not quick enough actually to see how and why.

A picture story, like life itself, or like the division of time into intervals, is a long successive series of stops and starts. We should not blame ourselves when we find this phenomenon in our days. We are not responsible, for Nature herself put it there. She works that way. It is the manner of destiny. The important thing is not to stop and fail to start again, or to let the stops add up to more than the starts. That is something the electric clock never does, nor must we.

The clock wears itself out, but the corn keeps growing till it completes a cycle and fulfils its particular destiny. We must see that something comes from all our stopping and starting, that it leads uphill, that it fulfils a purpose.

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WILL POWER The heart is aided by the blood passing through its valves, but it does not beat wholly of itself. There is a little area of tissue called The Bundle of Hiss which gives off little electric charges, one for each beat, and keeps the organ going. We have something like that in the workings of the inner life, only we call it will power. The starting and stopping of the heart takes care of itself. We do not have to do anything about it, or need to worry about it, for we have no control over it anyway.

But within us is this other process of stops and starts which we do control because we have to furnish the motive power for it. We must understand how much depends on will power. Failure to do so may cause us to make the mistake of lingering too long, or even failing to get under way again.

We undertake good things and then lose interest, so we clutter up our lives with abandoned enterprises. An old building that has served its purpose and been abandoned is not half so pitiful an object as an old foundation that has never been built upon. It is symbolic of a project that was never even begun and recalls no memories.

A life can be like that. When we see someone who has never cherished a dream, or worked on a plan, or sought a goal of any kind, we often conclude that it was because that person was not capable of any more, but most often that is not so. It is more likely because promising plans got under way, got stopped, and were never started again. That failure to start again made the difference between an unfinished life and a completed one. We are not here referring to great and pretentious projects but about such human goals as are within the reach of anyone, even such as living a good, wholesome, and useful life wherever one's lot is cast.

There is one thing that can make a stoppage in any plan and effort still worse. It is the mistake of assuming that after some time has elapsed it is too late to make a new start, which is likely to mean giving it up altogether. That is the mistake that costs us all we could have salvaged if we had tried. It is never too late to try again. If half, or a fourth, or a tenth of life's potentiality can be saved, it is worth the effort. It is better to save even the last hour of a day than to lose it all.

There is, of course, the person who got off the road. There are so many forks, and crossroads, and detours, that it is easy to do. It always seems that it will be easy too to get back on the right road, but the longer we travel on the wrong road, the harder the right one is to find. In time we become ashamed of having got headed in the wrong direction and let pride or possible humiliation keep driving us on. Every additional mile we travel, the farther we are from our intended goal.

We should remember too that the longer we delay a start in the right direction, the stronger any of these deterrents will become. The solution is to get the new and right start made at once. The world will be kind, but even if it were not we cannot afford to cheat ourselves by moving on toward where we do not want to be when we might as well be approaching the goal of our hope.

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CALLS ARE  
MEANT TO BE HEARD

THE school bell rang, and one boy did not go in. He had heavy tufts of cotton in his ears. The clock struck the time for a duty, but another boy did not hear it because he was listening to something else. The telephone rang with an important message, but the housewife did not hear it because she was absorbed in an exciting story. What followed in each case was the lame and often costly excuse, "I didn't hear it."

Calls are to be heard, and if they are not heard it may make a regrettable difference, especially when the call is to what would amount to a new start in life. The prompting of any real call is too important to miss. It may involve opportunity, improvement, happiness, friendship, or just the doing of something that would be a satisfaction to us or a help to someone else.

Sometimes we hear someone say, "I don't feel called to anything." Abraham might have said that if he had not been quiet long enough to hear the still, small voice. Moses might have said that if his attention had been on something else rather than on the burning bush. Many might have said that if they had not been sensitive and attentive to the gentlest whisper of the Spirit or the slightest nudge of the finger of Duty. In every case someone would have lost the opportunity to go far along the road to some destiny or other.

Some say complacently that they are interested in nothing more than just the living of their lives in the best way they can. Certainly, that is all Fate is interested in, and all Destiny demands of them, or anyone. But are they doing it? To live one's life day after day and year after year in the best way one can is no small contract. It can be done, however, and happily done, but not if one takes a lackadaisical attitude and considers it of minor importance. Living a day, any day, is extremely important, so important that we are divinely called to it, so important that it is worth making a new start to do well.

Every great and good life, whether of high or low degree, was called to new starts, and made them. Every great deed is the answer to a call to a new start. But not all important lives are famous, or need to be, nor is every great deed sure to be recognized as such. The mute, inglorious Miltons and the bloodless Cromwells in Gray's country churchyard were as important as the ones whose names got into the history books. How could the sculptors carve the beautiful trimmings on the temple of time had not humbler hands mixed the mortar and laid the stones of the walls?

This is an attempt to say that each of us, including you, is called in a way suited to him to an important place and task. When weariness or discouragement cause him to consider it unimportant and tempts him to give up, he is called to a new start to save him from failure. Every call to a new start may provide the pivot on which will turn surprisingly important issues now or in days to come.

It is so in the operation of great machines, it is so with the rudders that turn great ships, and it is so in life and history. You never know what may be the ultimate significance of the choice you make today.

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KEEPING UP IT is truly said that we have to keep doing better all the time in order to do as well. That is because we have to keep up with forces that are moving at an ever faster pace. The world is moving, and we cannot stand still and let it leave us. Time is going on, and we will fall behind if we wait and hesitate. Neither of them will wait for us because it cannot. It is for us to keep up with them because we can. If one is on a journey he must not only go as fast as his conveyance does, but he must keep up with what he sees or



he will soon lose the sequence and find himself a stranger incapable of adapting himself to the scenes and conditions he finds. To fit into any day we have to comprehend the total picture it presents.

Since creation the world and life in it have gone forward by the process of growth. Like a tree we have to keep increasing our height to be able to see about us. Growth is such a normal thing that we are scarcely conscious of it, but it must go on. If we keep alert, alive, and in tune, no special effort may be required; but if we take no interest in life, people, and things, we will in time find ourselves lost in the complexities and demands of things. As Philip James Bailey says:

"We live in deeds, not years; in thoughts, not breaths;  
In feelings, not in figures on a dial.  
We should count time by heart-throbs."

Plants, animals, and human beings develop naturally, both physically and mentally by growth. All they have to do is to supply nutrition and let their growing powers do the rest. Normally this continues till the maximum is reached and enables life to go on functioning indefinitely at that stage.

If the machinery stops at any time before the maximum is reached, it means that something is wrong. The derangement might last a long time, damage health, interrupt growth, and even threaten life. It is dangerous to let growth get blocked, and if it happens in any area of life, one needs to bend every effort toward a new start and the conditions that will make it possible.

Find a person who has never taken an interest in living and you will see one who is old before his time, or if he has stopped taking an interest in life he soon will be. Taking an interest in life is no difficult task. It is nothing one cannot do at any age or in any condition. It is more pleasant, and therefore should be easier, to live an interested life than an indifferent one. It is more rewarding too, for an interested life is an interesting one, while an indifferent one is nothing worth mentioning.

The world is so full of wonders, and life so full of values that we are richly repaid for every hour of wide-awake and appreciative living we do. The roses along the path are very lovely to one whose eyes are open, so gather them while you may. Living things grow, and keeping alert to the meanings and wonders of life is being alive. When we react to things they come alive for us.

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THREE FACTS  
ABOUT INERTIA

INERTIA may be defined as the tendency of anything to remain at rest if it is at rest, and to keep moving, if it is moving, in the same direction until and unless its course is altered or stopped by some force outside itself. To speak less exactly, it is the inability of anything to move under its own power. The word is also applied to a similar tendency in the lives and actions of some people. To understand this more clearly, let us consider three facts about inertia, each of which indicates something about the problem of

dealing with it in ourselves.

The first fact has already been hinted at. It is that inertia is the condition of being a dead weight, of something that never moves unless it is moved. It is usually the condition of something that has either stopped, or never started, or is moving blindly by no force of its own.

Most people have encountered this tendency in themselves. We feel it when we have a hard time getting awake in the morning, or when fatigue has led us to stop to rest and it is time to move again, or when illness has made us unable to move, or when we have grown discouraged or confused and stopped trying. Inertia can affect the mind and spirit as well as the body, and there is no more progress until and unless it is overcome.

The second fact about inertia is one over which we should rejoice. It is that inertia can be overcome. One can move a motionless pebble or other inert object. We now have ways of propelling inert metal in rockets over vast distances in space.

Inertia of the spirit, like purposelessness or loss of interest, can also be overcome, though in a different way. We cannot hurl it toward some distant objective, but we can waken it to go forward under our own power. This may require an incentive, the encouragement of a friend, or a glimpse of what someone else has done who has overcome a similar stoppage. A mature person should be able to soon recognize such a need in himself and to overcome it by his own will to wake up and get going. That is, he should be able to make his own incentive.

The third fact about inertia is in some ways even more wonderful. It is that an inert object once set in motion tends to keep going in the same direction indefinitely unless its course is changed or stopped by some other force. That is why a moving object that once escapes the earth's attractive force tends to go on and on and on.

By the same token, when we are once freed from inertia and set going, we tend to keep on until and unless some other forces change our course, or slows it, or stops it. When we get slowed down or stopped, that is the time to do something about it, by making a new start.

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The great foe of our progress is inertia of the spirit, but we can control it or overcome it by acting in accordance with the three principles we have mentioned. Understanding them and how they work, one can see what a wonderful thing he does when he makes a new start. Nothing but inertia stands in the way of overcoming inertia, and only will power can remove it out of the way.

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There may be some who do not completely understand inertia, and I feel that I can explain it in a few very simple words. How many times have you said to yourself, or heard someone else say, "I ought to do thus and so", or "I wish I could get this or that done, but I just don't feel up to it." This, my dear friend, is "Inertia". It is as simple as that, and I know you have experienced it; but it is possible to overcome it and the only real way to overcome it, as I have already explained to you, is through will power.

That is why we have prepared the following Affirmation for you to use daily. You will be amazed how quickly you can overcome that feeling of lethargy after you have declared the Affirmation several times during the day. Your Instructor knows that it works.

AFFIRMATION

I know the methods by which I can make new starts in life and keep going. I propose to use them to help me attain what is best in life for me.

May you be blessed with the ability to make a new start NOW.

Your Class Instructor.

SPECIAL CALL TO ALL MAYAN MINISTERS:

We remind you that uniting with us in prayer for all members of The Mayan Order and for those who send their letters to the Chapel is one of the most important activities in your Mayan Ministry. Right now, the world is filled with chaos and turmoil and people need help more than ever before. You, as a member in the higher degrees, are qualified to carry on this work. Never neglect your duty, but look upon it, rather, as a privilege and a joy. While we know that you feel this responsibility and would not neglect it, this is just a word of emphasis that you may put forth your very best and most earnest prayer efforts.